



Keep a bowl of fresh fruit handy.

 Try apple slices with peanut butter.





Add fruit as a topping on ice milk or frozen yogurt.

 Add chopped or mashed fruit or berries to muffins, cake, cookies and pies.



Cut up fruits or vegetables for salad.



 Cut raw vegetables (such as carrots, celery and zucchini) into sticks and store them in the refrigerator.



- Dip your vegetables in a low-fat salad dressing.
- Make soup out of leftover vegetables.





Add vegetables to casseroles, stews, rice dishes or spaghetti sauces.

Wrap vegetables in tortillas.

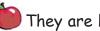












They are low in calories.



They are naturally fat-free.



They contain many vitamins and minerals essential to maintaining good health.



They provide fiber to help:





- Lower cholesterol;
- Prevent constipation; and





Control blood sugar (which is especially important for people who have diabetes.)



They can help reduce the risk of getting many types of cancer.



Eat "5 Servings A Day" of fruits and vegetables to help you stay on the road to good health!

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